

Appln. No.: 10/735,939 (FINN)  
Page 2 of 13

AMENDMENTS TO THE CLAIMS

The following listing of claims will replace all prior versions and listing of claims in the application.

1-3. (Canceled)

4. (Currently amended) A chin/pull-up exercise assist apparatus for use with any standard securely mounted overhead chin-up bar by an exerciser having a frontal lower leg and hands, said assistant apparatus possessing first and second ends releasably attachable to the chin-up equipment thereby suspending the assistant apparatus between the first and second ends, the chin/pull-up assist apparatus comprising:

at least one extensible elastomeric component;

~~first and second ends, each of the first and second ends being releasably attachable to any user selected portion of an overhead support structure; and~~

a non-rigid, frontal lower leg engagement strapsling coupled to the at least one extensible elastomeric component and substantially centrally positioned between the first and second ends;

wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of a chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.

5. (Previously presented) The chin/pull-up assist of Claim 4 wherein the at least one extensible elastomeric component is exchangeable.

6. (Previously presented) The chin/pull-up assist of Claim 4 wherein suspension length adjustability is achieved by at least one of adjustable length components and spaced component attachment points on the apparatus.

Appln. No.: 10/735,939 (FINN)  
Page 3 of 13

7. (Currently amended) The chin/pull-up assist of Claim 4 wherein a ~~longitudinally hollow~~ device having two ends is ~~longitudinally~~ fitted around the elastomeric component on each side of the frontal lower leg engagement ~~strapsling~~ wherein the device has a longitudinally extending aperture through which the elastomeric component is directed and whereby the elastomeric component can stretch beyond the two ends of the ~~enwrapping~~ device.

8. (Currently amended) The chin/pull-up assist of Claim 4 wherein at least one of the suspension attachment means, the frontal lower leg engagement ~~strapsling~~, and the at least one extensible elastomeric component is a detachable component.

9. (Currently amended) The chin/pull-up assist of Claim 8 wherein the frontal lower leg engagement ~~strapsling~~ is releasably suspended from the overhead ~~support structure~~ chin-up bar by at least one extensible elastomeric component attached between each end of the ~~strapsling~~ and the ~~overhead structure~~ chin-up bar.

10. (Currently amended) The chin/pull-up assist of Claim 8 wherein the frontal lower leg engagement ~~strapsling~~ is made of ~~at least one type of~~ water absorbing material or fabric such that when it is disengaged from the apparatus it can function as a gym towel.

11. (Currently amended) The chin/pull-up assist of Claim 4 wherein the frontal lower leg engagement ~~strapsling~~ is made in whole or in part of a natural or synthetic rubber-like material like neoprene.

12. (Currently amended) The chin/pull-up assist of Claim 4 in combination with chin-up exercise equipment including a standard overhead chin-up bar or other appropriate overhead chinning apparatus enabling an exerciser to execute standard full body weight chin-ups.

Appln. No.: 10/735,939 (FINN)  
Page 4 of 13

13. (Currently amended) Exercise equipment including a chin/pull-up exercise assist apparatus comprising:

~~an securely mounted, or mountable, overhead chin-up support structure~~ exercise equipment including a standard overhead chin-up bar or other appropriate overhead chinning apparatus enabling the exerciser to execute standard full bodyweight chin-ups;

~~at least one extensible elastomeric component;~~

a chin-up assist apparatus possessing first and second ends, each of the first and second ends being releasably attachable to the ~~chin-up equipment~~overhead support structure; and thereby suspending the assistant apparatus between the first and second ends, said chin/pull-up assist apparatus comprising: at least one extensible elastomeric component; a non-rigid, frontal lower leg engagement ~~strapsling~~ coupled to the at least one extensible elastomeric component and substantially centrally positioned between the first and second ends;

wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of a chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.

14. (Currently amended) The chin/pull-up assist of Claim 13 wherein the chin/pull-up assist apparatus is integrated into a multi-~~station~~function exercise machine.

15. (Previously presented) The chin/pull-up assist of Claim 13 wherein the at least one extensible elastomeric component is exchangeable.

16. (Previously presented) The chin/pull-up assist of Claim 13 wherein suspension length adjustability is achieved by at least one of adjustable length components and spaced component attachment points on the apparatus.

Appln. No.: 10/735,939 (FINN)

Page 5 of 13

17. (Currently amended) The chin/pull-up assist of Claim 13 wherein a ~~longitudinally hollow~~ device having two ends is ~~longitudinally~~ fitted around the elastomeric component on each side of the frontal lower leg engagement ~~strapsling~~ wherein the device has a longitudinally extending aperture through which the elastomeric component is directed and whereby the elastomeric component can stretch beyond the two ends of the enwrapping device.
18. (Currently amended) The chin/pull-up assist of Claim 13 wherein at least one of the suspension attachment means, the frontal lower leg engagement ~~strapsling~~, and the at least one extensible elastomeric component is a detachable component.
19. (Currently amended) The chin/pull-up assist of Claim 18 wherein the frontal lower leg engagement ~~strapsling~~ is releasably suspended from the overhead ~~bar~~ chin-up equipment ~~or other secure handheld structure~~ by at least one extensible elastomeric component attached between each end of the sling and the overhead ~~bar~~ chin-up equipment ~~or other secure handheld structure~~.
20. (Currently amended) The chin/pull-up assist of Claim 18 wherein the frontal lower leg engagement ~~strapsling~~ is made of ~~at least one type of~~ water absorbing material or fabric such that when it is disengaged from the apparatus it can function as a gym towel.
21. (Currently amended) The chin/pull-up assist of Claim 13 wherein the frontal lower leg engagement ~~strapsling~~ is made in whole or in part of a natural or synthetic rubber-like material like neoprene.
22. (Currently amended) A chin/pull-up exercise assist apparatus for use with securely mounted overhead chin-up exercise equipment by an exerciser having a frontal lower leg and hands, said assistant apparatus possessing first and second ends releasably attachable to the chin-up equipment

Appln. No.: 10/735,939 (FINN)

Page 6 of 13

thereby suspending the assistant apparatus between the first and second ends, the assistant apparatus comprising:

at least one extensible elastomeric component;

~~first and second ends, each of the first and second ends being releasably attachable to any user selected portion of an overhead support structure; and~~

a non-rigid, frontal lower leg engagement strapsling releasably coupled to the at least one extensible elastomeric component and substantially centrally positioned between the first and second ends, the strapsling comprising: a narrow length of at least one type of flexible and substantially non-stretchable material; at least one non-pass through pocket provided substantially at each end of the strapsling and positioned in a region substantially central to the width of the strapsling, and a plurality of bulk objects for pocket insertion; and

a plurality of coupling devices at least partially encircling the width of the strapsling;  
wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of a chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.

23. (Currently amended) The chin/pull-up assist of Claim 22 wherein the frontal lower leg engagement strapsling is made of ~~at least one type of~~ water absorbing material or fabric such that when it is disengaged from the apparatus it can function as a gym towel.